

# SEPTEMBER 2016 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 am Yoga	2 Sr. Center closes @ 12:30 pm
5  CLOSING FOR LABOR DAY	6 9:00 am Yoga 1:00 pm Bridge	7 10:00 am Safe Exercise	8 9:00am Yoga 11:30 am Lunch @ Hopedale Sr. Center Speaker: Nurse Mary Watson <i>Preparing for Emergencies</i>	9 Sr. Center closes @ 12:30 pm
12 <b>PANERA BREAD</b>  10:00 am Safe Exercise 11:30 pm Lunch @ Sr. Center (Ham Salad) 12:45 pm BINGO	13 9:00 am Walmart Trip 9:00 am Yoga  1:00 pm Bridge 1:00 pm Matinee Movie <i>Me Before You</i>	14 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 10:00 am Safe Exercise  12:00 pm Meditation	15 9:00 am Yoga 10:00 am Knitters 1:00 pm COA Board Meeting	16 10:00 am Arthritis Exercise  Sr. Center closes @ 12:30 pm
19 <b>PANERA BREAD</b> 10:00 am Safe Exercise 12:45 pm BINGO	20 9:00 am Yoga  1:00 pm Bridge	21 10:00 am Safe Exercise  12:00 pm Meditation	22 9:00 am Yoga  12:00 pm Lunchtime Chat  Your Life Your Choices Advanced Care Directives	23 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
26 <b>PANERA BREAD</b>  10:00 am Safe Exercise 12:45 pm BINGO	27 9:00 am Yoga  1:00 pm Bridge 1:00 pm Matinee Movie <i>Whiskey Tango Foxtrot</i>	28 9:00 am Grocery Trip Market Basket 9:00 am Yoga 9:30 am Health Nurse 1:00 pm Bridge 10:00 am Safe Exercise  12:00 pm Meditation 1:00 pm Y-CBT Class	29 9:00 am Yoga 9:30 am Lunch Bunch  Trip to Wayside Inn	30 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm